



Tips for Storing Your Fruits and Vegetables

- Always wash all fruits and vegetables before eating or preparing
- Rinse green leafy vegetables, and dry well. Wrap in a paper towel before placing in a bag
- Refrigerate fruits and vegetables unless you are going to eat them within one to two days
- Store potatoes and onions in a cool, dry, and dark place
- Plan to eat fresh fruits and vegetables within five days of purchase

To get more information about WIC or Farmers' Markets, call the Health Information Line at 401-222-5960/RI Relay 711 health.ri.gov/wic

WIC AGENCY POP-UP MARKETS Located at Selected WIC agencies

Providence
Scalabrini Dukcevic Center (EBT accepted)
300 Laurel Hill Ave.
Sunday, August 23, 9 a.m. – 1 p.m.

*EBT = Electronic Benefit Transfer



WIC FARMER'S MARKET NUTRITION PROGRAM



2020 Participant Guide Farmer's Market Checks



This institution is an equal opportunity provider.

How to use your WIC Farmer's Market Checks

FARMER'S MARKET CHECKS

Eligible WIC participants will receive three Farmer's Market Checks for the season that can be used from June through October.

You can purchase fresh, unprepared, locally grown fruits and vegetables, and fresh-cut cooking herbs.

Farmer's Market checks can ONLY be used toward purchases at Farmers' Markets.

If you wish to purchase unauthorized WIC foods at the Farmer's Market, two separate transactions must be made.

No change will be given. If your purchase is less than the check value, only the total amount purchased is entered on the check.

One check (Farmer's Market check) cannot be split between farmers. Use one check for each farmer.

Farmer's Market Checks may be combined with each other in a single transaction.

Paying the difference is allowed.

Lost or stolen checks cannot be replaced.

NO CASH BACK from the Farmer's Market Checks

Items that **cannot** be purchased with:

FARMER'S MARKET CHECKS:

- | | |
|-------------------------|--------------------|
| • Baked Goods | • Maple syrup |
| • Bananas | • Meats |
| • Cheeses | • Medicinal herbs |
| • Cider | • Milk |
| • Dried or potted herbs | • Nuts |
| • Dried fruits | • Oranges |
| • Eggs | • Tangerines |
| • Flowers | • Painted pumpkins |
| • Grapefruits | • Party trays |
| • Gourds | • Pineapples |
| • Honey | • Plants |
| • Jams and jellies | • Potted flowers |
| • Lemons | • Salad bars |
| • Limes | • Seafood |
| • Mangos | • Seeds |

Recipe Corner

Fresh Zucchini Salad

Farmer's Market shopping list:

- ✓ Zucchini
- ✓ Green onion (scallion)
- ✓ Green pepper
- ✓ Tomato



Ingredients:

- 1 medium zucchini
- 1 green onion (scallion)
- 1 small green pepper
- 1 medium tomato
- 1 tablespoon vegetable oil
- ¼ cup white vinegar

Directions:

1. Wash and chop zucchini, green onion, green pepper, and tomato into bite-size pieces. Combine in a bowl.
2. In a small bowl, mix together oil and vinegar. Pour dressing over vegetables and toss.
3. Cover and chill until serving.

FARMERS’ MARKETS

Bristol
Mount Hope Farm **(EBT accepted)**
250 Metacom Ave.
Saturdays, June 6 – October 31
9 a.m. – 1 p.m.

Burrillville
Stillwater Mill Complex **(EBT accepted)**
75 Tinkham Lane
Saturdays, June 6 – September 26
9:30 a.m. - 12:30 p.m.

Central Falls
Central Falls Farmer’s Market **(EBT accepted)**
559 Dexter St.
Tuesdays, July 7 – October 27
3 p.m. – 6 p.m.

East Providence
Weaver Library Farmer’s Market **(EBT accepted)**
41 Grove Ave.
Thursdays, June 25 – September 10
4:00 p.m. – 7:00 p.m.

Narragansett
Fisherman’s Memorial Park
1011 Point Judith Rd
Sundays, May 3 – October 25
9 a.m. – 1 p.m.

Newport
Aquidneck Growers Market **(EBT accepted)**
Edgar Court and Chapel Street
Wednesdays, June 3 – October 28
2 p.m. – 6 p.m.

Aquidneck Growers Market **(EBT accepted)**
35 Dexter St
Saturdays, May 23 – October 31
9 a.m. – Noon

North Kingstown
Coastal Growers’ Market at Casey Farm **(EBT accepted)**
2325 Boston Neck Rd.
Saturdays, May 16 – October 31
8:30 a.m. - 12:30 p.m.

Pawtucket
Pawtucket Farmer’s Market **(EBT accepted)**
2 Bayley St
Wednesdays, July 1 – October 28
3 p.m. – 6 p.m.

Providence
Armory Park **(EBT accepted)**
85 Parade St
Thursdays, June 4 – October 29
3:30 p.m. – 7 p.m. or dusk

Broad St. Farmer’s Market **(EBT accepted)**
807 Broad St.
Saturdays, June 20 – October 31
8 a.m. – Noon

Brown University **(EBT accepted)**
167 Thayer St.
Wednesdays, September 2 – October 28
10:30 a.m. – 1:30 p.m.

Hope Street Farmer’s Market **(EBT accepted)**
Lippitt Park
1015 Hope St.
Saturdays, May 2 – October 31
9 a.m. – 1 p.m.

Neutaconkanut Park **(EBT accepted)**
675 Plainfield St.
Mondays, July 6 – October 26
3 p.m. – 6 p.m.

Sankofa Market **(EBT accepted)**
Knight Memorial Library
275 Elmwood Ave.
Wednesdays, June 24 – October 28
2 p.m. – 6 p.m.

Smithfield
Blackbird Farm Farmer’s Market
660 Douglas Pike
Sundays, June 14 – October 11
10 a.m. – 2 p.m.

South Kingstown
Marina Park **(EBT accepted)**
239 Salt Pond Rd. (off Route 1)
Tuesdays, May 5 – October 27
2 p.m. – 6 p.m.

South Kingstown Farmer’s Market **(EBT accepted)**
25 West Independence Way
Saturdays, May 2 – October 31
8:30 a.m. – 12:30 p.m.

Warren
Schoolyard Farmer’s Market **(EBT accepted)**
691 Main St.
Sundays, June 21 – October 25
9 a.m. – 1 p.m.

Warwick
Goddard State Park **(EBT accepted)**
1095 Ives Rd
Fridays, May 1 - October 30
9 a.m. - 1 p.m.

West Warwick
Thundermist Health Center **(EBT accepted)**
186 Providence St.
Wednesdays, July 8 – October 28
3 p.m. – 6 p.m.

Westerly
Westerly Land Trust Farmer’s Market **(EBT accepted)**
85 Main Street
Thursdays, June 11 – September 17
10 a.m. – 1 p.m.

Woonsocket
Thundermist Health Center **(EBT accepted)**
450 Clinton St.
Tuesdays, July 7 – October 27
3 p.m. – 6 p.m.

FARM STANDS
Charlestown
Quonnie Farms
16 West Beach Rd
June 15 – October 31
Daily 10 a.m. – 6 p.m.

East Greenwich
Pezza Farms & Garden Center
2657 South County Trail
March - December
Monday, Wednesday, Thursday,
Friday, Saturday, Sunday 9 a.m. – 5 p.m.

Exeter
Hallene Farm
1 Hallene Place
July – October
Daily 9 a.m. – 6 p.m.

Glocester
The Farm LLC
463 Tourtellot Hill Rd
April - Novemeber
Sunday 10 a.m. – 2 p.m.
Wednesday 1 p.m. – 6 p.m.

Johnston
Pezza Farm
2279 Plainfield Pike
March – December
Daily 10 a.m. – 5 p.m.

Salisbury Farm
11 Peck Hill Rd.
May – October 31
Daily 10 a.m. – 5 p.m.

Lincoln
Old Orchard Farm
505 Old River Rd.
June 5 - October 18
Monday – Friday 9 a.m.- 6 p.m.
Saturday/Sunday 9 a.m. - 5 p.m.

North Kingstown
Narrow Lane Orchard
213 Narrow Lane
Daily – 10 a.m. – 5 p.m.

Luckyfoot Ranch
1337 Gilbert Stuart Rd
June – September
Wednesday 2 p.m. – 6 p.m.

North Smithfield
Goodwin Brothers Farm
458 Greenville Rd.
June 1 - October 31
Daily - 9 a.m. – 6 p.m.

Scituate
Barden Family Orchard
56 Elmdale Rd
August 1 – October 31
Weekdays 9 a.m. – 6 p.m.
Weekends/Holidays 9 a.m. – 5 p.m.
November 1 – November 26
Daily 10 a.m. – 5 p.m.

PV Farm Stand
56 Peep Toad Rd
Friday - Saturday 3:30 p.m. – 6 p.m.
Sunday 12 p.m. – 6 p.m.

Look for:
We accept WIC Farmer’s Market Checks
posters or signs at approved
Rhode Island Farmers’ Market locations.